

DON'T FORGET TO ENROLL

Sentara Health Plans Incentive Program



Manage Your Health:

Whether you already manage your condition or need extra help, you can save on healthcare expenses by joining the Sentara Health Plans Incentive Program. All members covered by your plan through Sentara Health Plans are eligible for this program.

Members who enroll in the Sentara Health Plans Incentive Program will receive one-on-one health coaching.

How to Join:

- visit sentarahealthplans.com/cova
- check the timeframes for enrolling or re-enrolling according to your plan year
- select Incentive Programs

You can also request to participate by calling member services at **1-866-846-2682**.

Sentara Health Plans will waive the medical deductible for the member and their family when they join. We will also waive pharmacy copayments for certain prescriptions.

Incentive Program Requirements:

Asthma/COPD

- take your asthma medication as directed for the 90-day compliance period
- continue to take medication as directed by your healthcare provider
- speak with a health coach quarterly
- have an annual wellness exam with your healthcare provider
- get a flu shot

Hypertension

- take your hypertension medication as directed for the 90-day compliance period
- continue to take medication as directed by your healthcare provider
- speak with a health coach quarterly
- have an annual wellness exam with a healthcare provider

Diabetes

- take your diabetes medication as directed for the 90-day compliance period
- continue to take medication as directed by your healthcare provider
- speak with a health coach quarterly
- follow up with your doctor or healthcare provider at least once a year
- have at least one HbA1c test each plan year



sentarahealthplans.com/cova